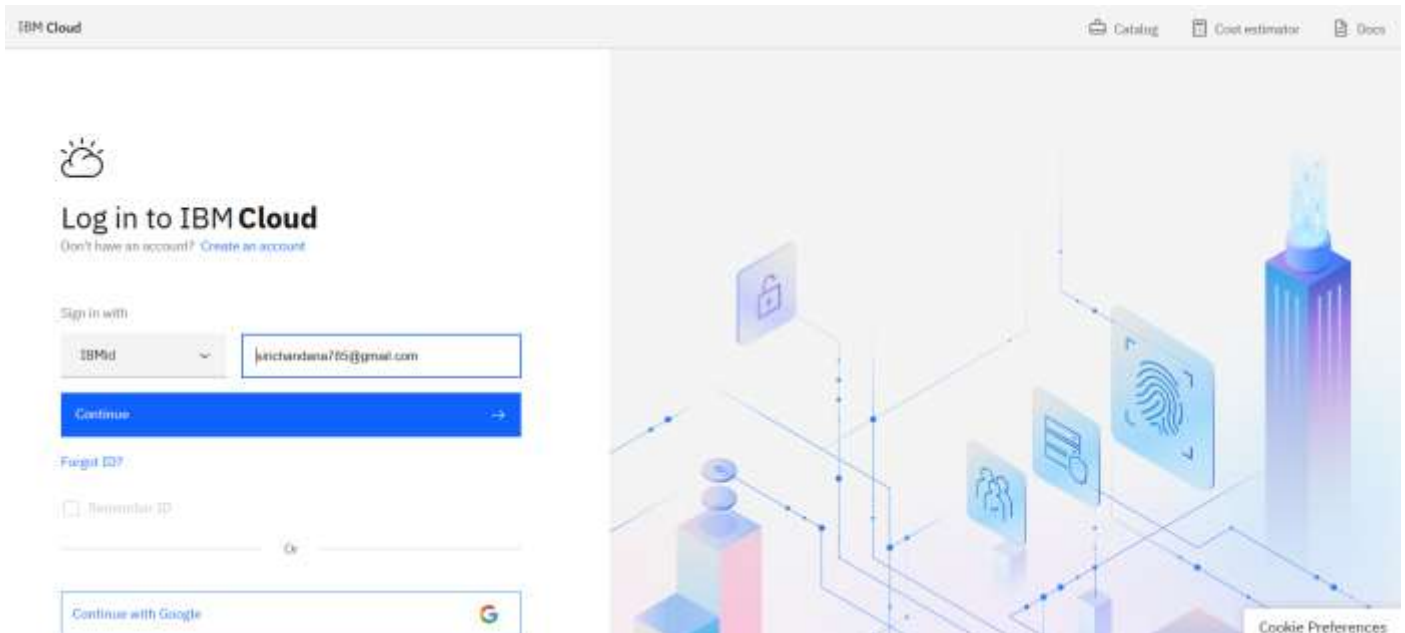
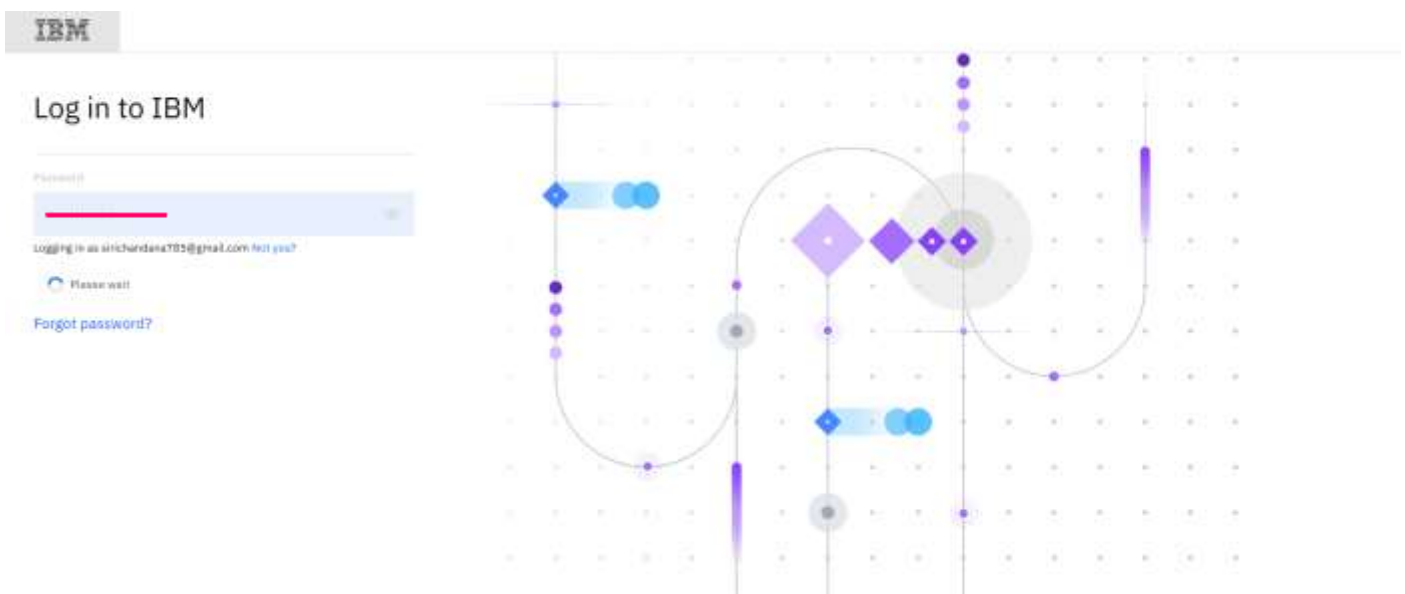


Agentic AI on IBM Cloud

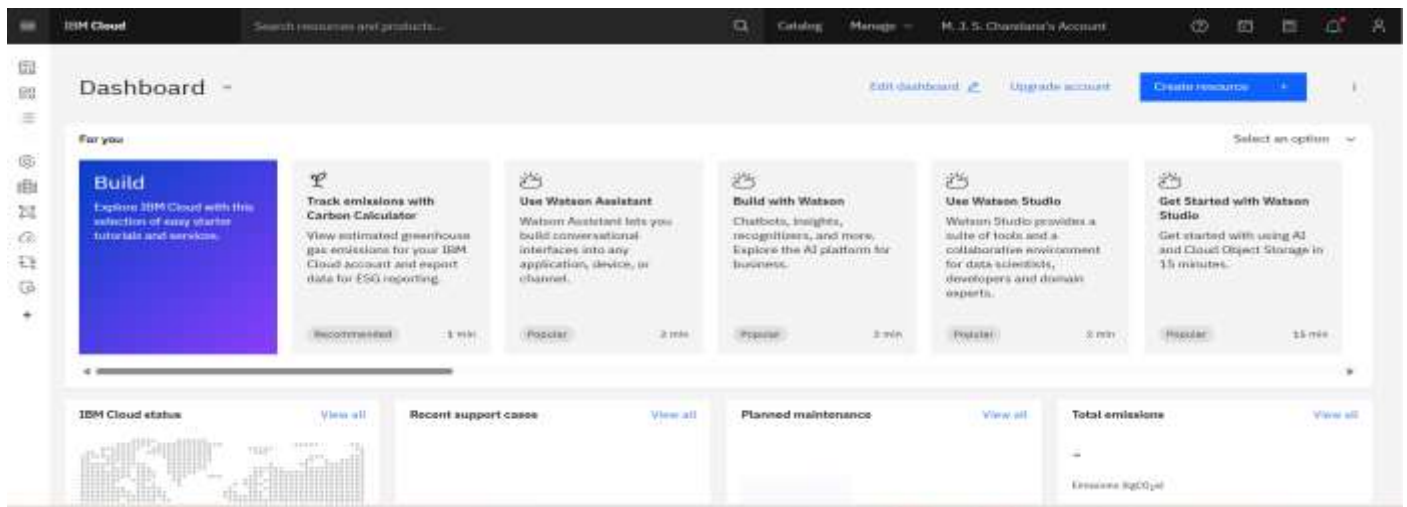
Step1: Open IBM Cloud login page using the link cloud.ibm.com, enter your Gmail and click on Continue.



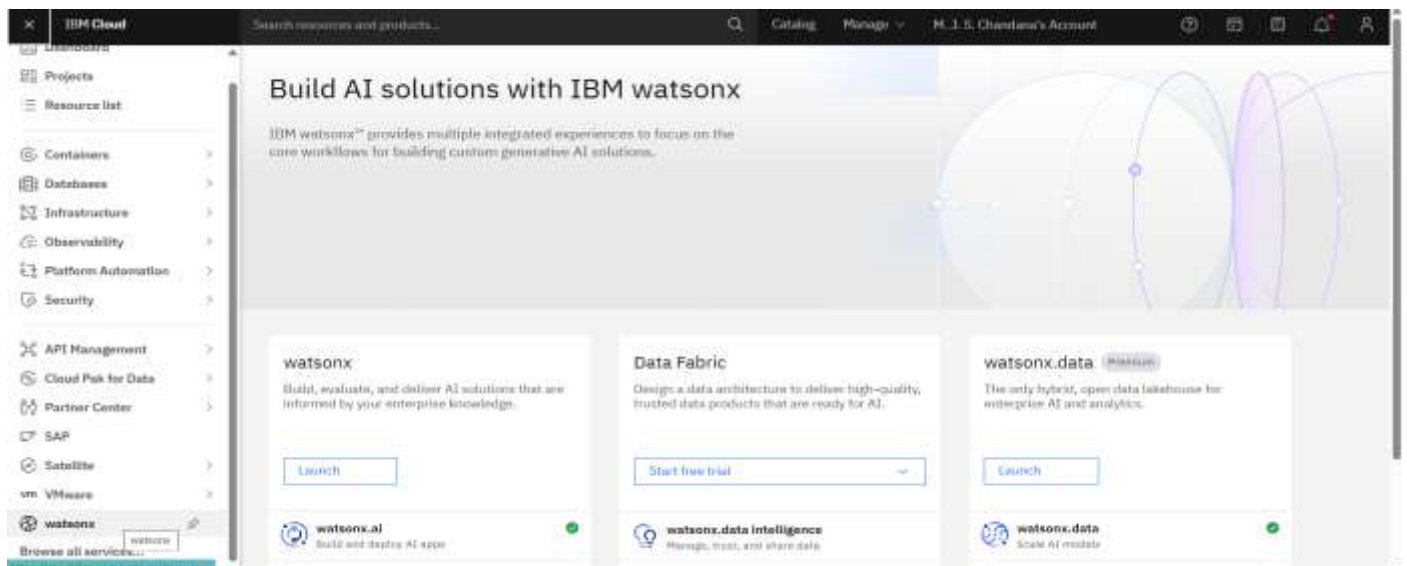
Step2: Enter your password click on login.



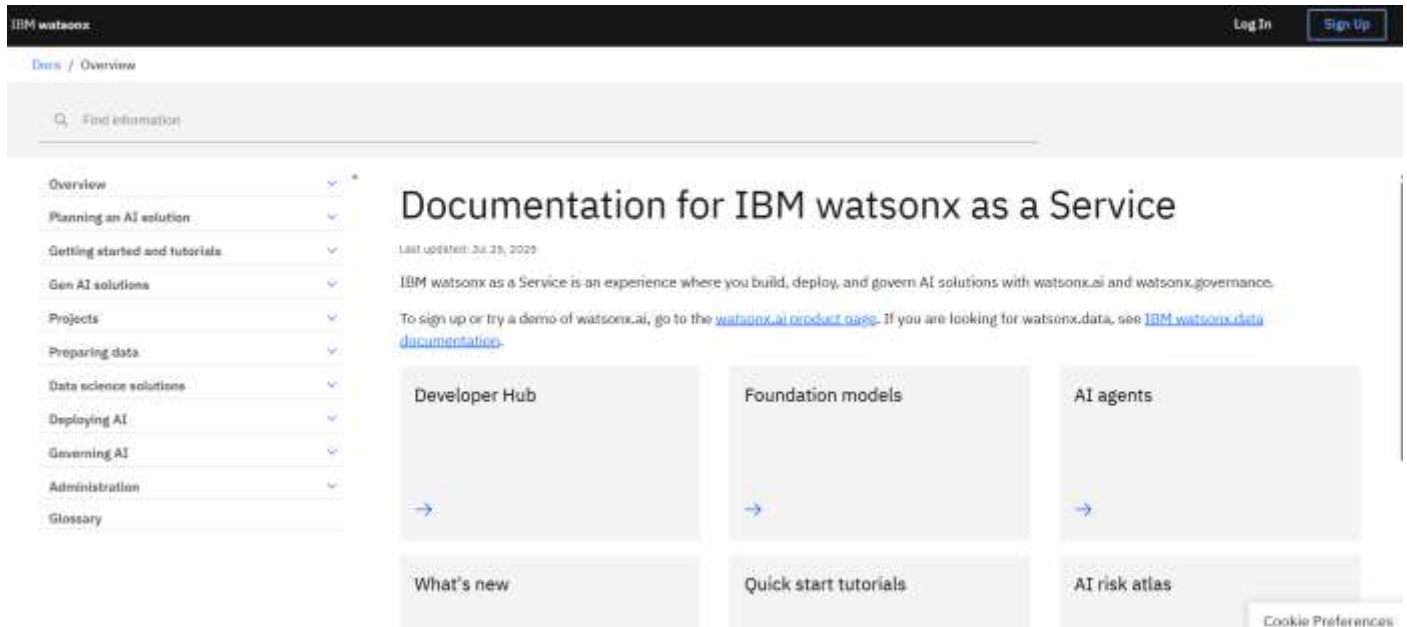
Step3: IBM Cloud Dashboard.



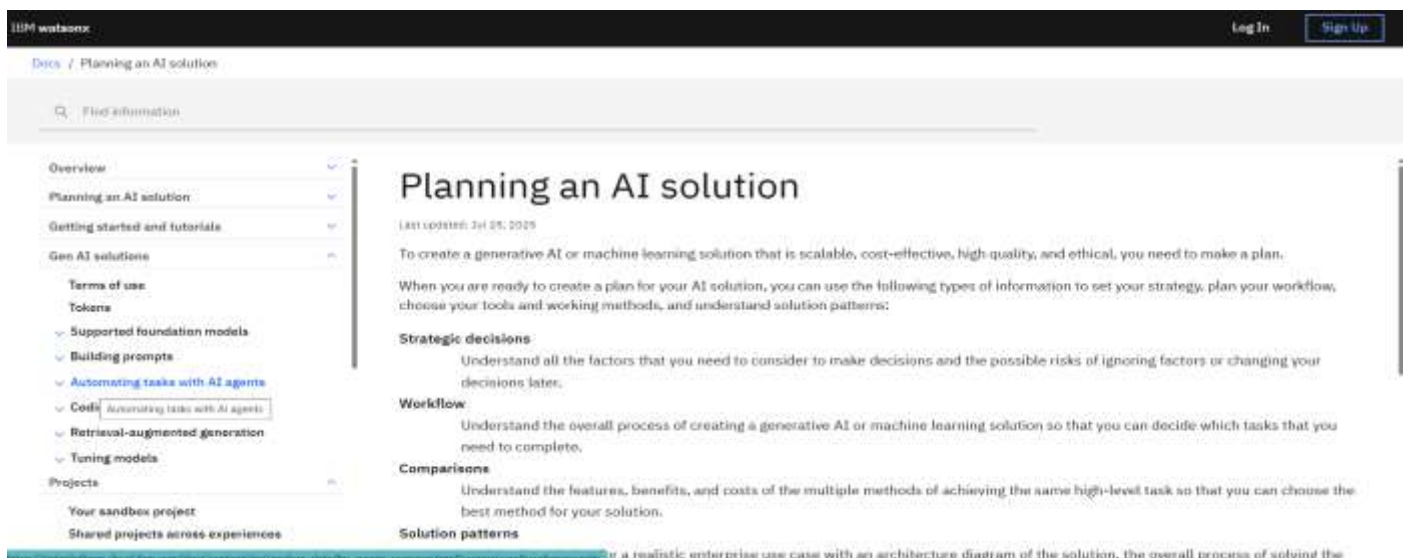
Step-4 Now click on the Search bar and write “Watsonx.ai Studio”.



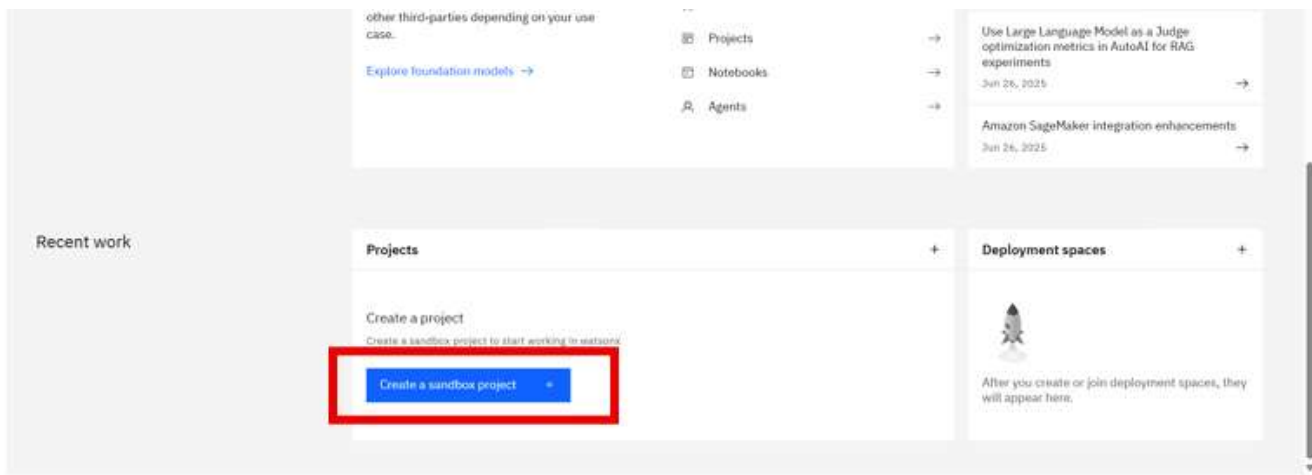
Step-5 Select Watsonx.ai in the dropdown menu of Watsonx.



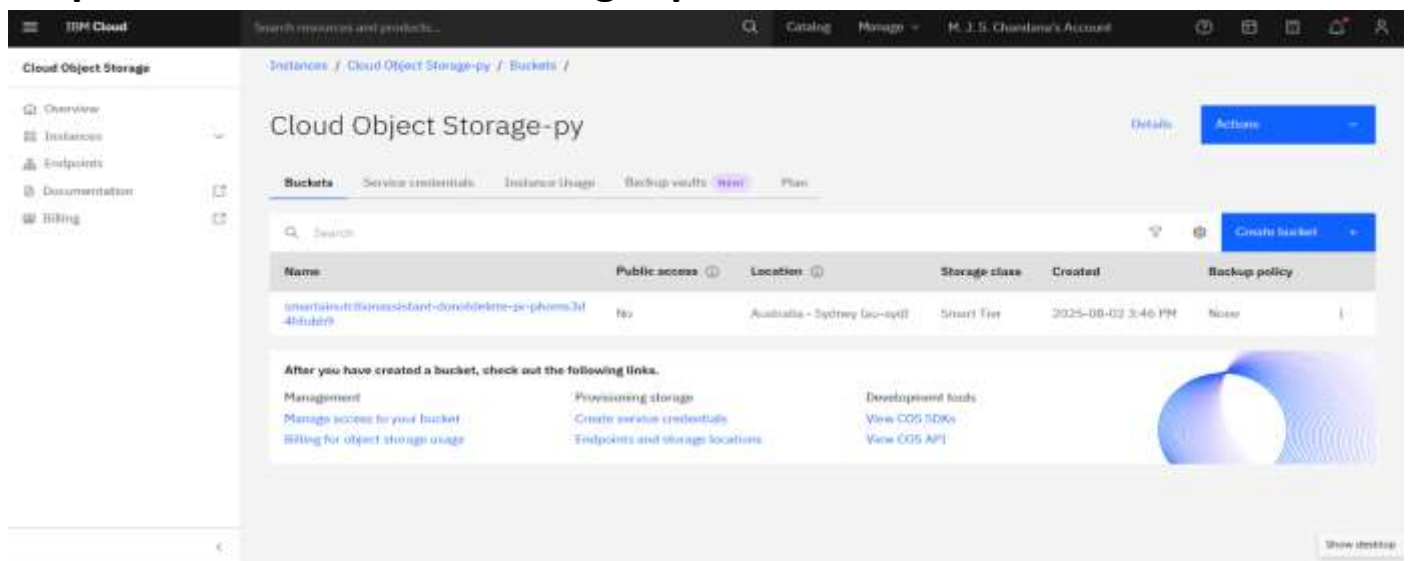
Step-6 Select GenAI solutions and click Automating tasks with AI agents



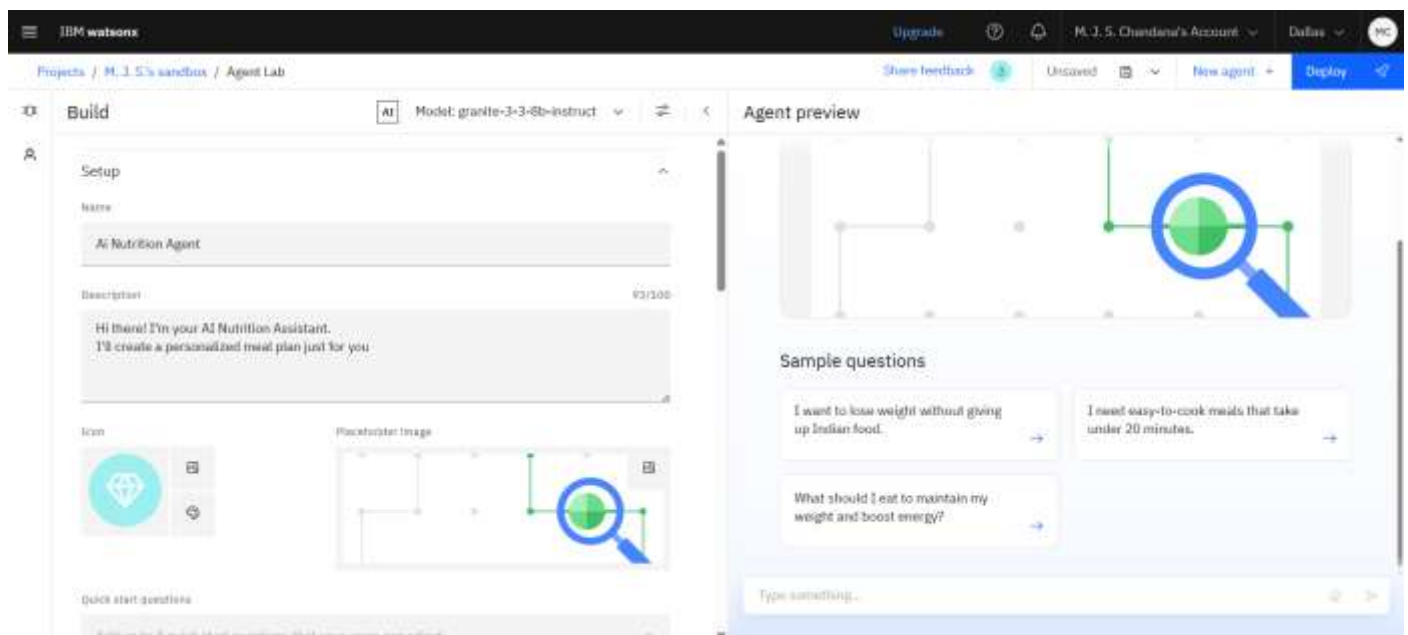
Step-7 You will be redirected to an interface and after scrolling down you can click on create a sanbox project



Step-8 Create the Cloud Storage space

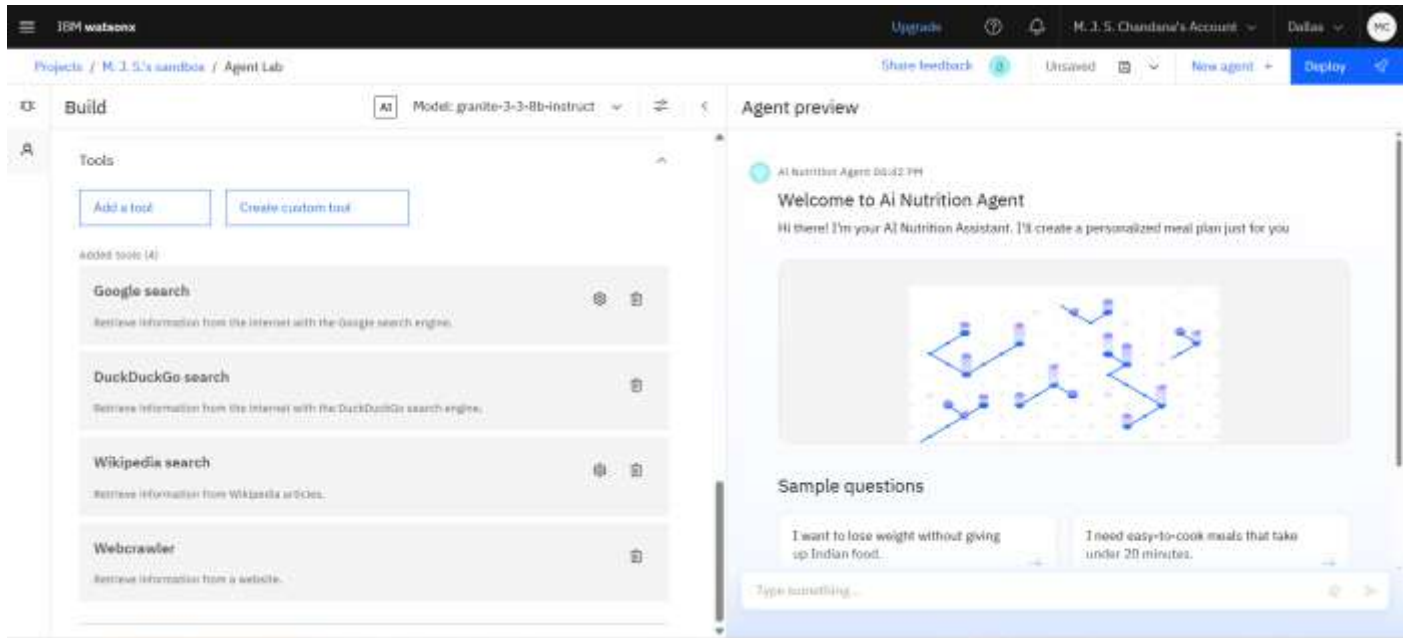


Step-9 Choose the layout and give a specific name and description to the project. (This information will be displayed upon the agent preview)



ADD sample questions to make the agent user-friendly.

Step-10 Choose the granite model and add tools for search engine optimization



Step-11: The agent based on the specifications provides the answers

Upgrade

?

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M. J. S. Chandana's Account ▾

Dallas ▾

MC

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New agent +

Deploy

Agent preview

MC

You: 04:44 PM

I want to lose 5 kgs of weight in a month. Can you create me a personalized plan?

AI Nutrition Agent 04:44 PM

As a nutrition assistant, I can certainly help you create a meal plan to support your weight loss goals. However, it's important to note that a safe and healthy weight loss rate is typically 0.5-1 kg per week. Losing 5 kgs in a month (which is approximately 1.25-2.5 kg per week) might be challenging and could potentially lead to nutrient deficiencies or loss of muscle mass if not done correctly.

That being said, if you're determined to aim for this goal, here's a basic outline of what your meal plan might look like:

1. **Caloric Deficit:** To lose weight, you need to consume fewer calories than you burn. A deficit of 500-1000 calories per day typically leads to about 0.5-1 kg of weight loss per week.

2. **Balanced Diet:** Your meals should include lean proteins, whole grains, fruits, vegetables, and healthy fats.

3. **Portion Control:** Pay attention to portion sizes to ensure you're not overeating.

Type something...

Upgrade

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New agent +

Deploy

Agent preview

i want to gain weight 4 kgs in one moth

AI Nutrition Agent 04:47 PM

Gaining weight in a healthy way involves consuming more calories than you burn. To gain approximately 1 kg per week, you would need a surplus of about 500 calories per day. Here's a basic outline of what your meal plan might look like:

1. **Increase Calorie Intake:** Focus on nutrient-dense, calorie-rich foods. Include foods like nuts, seeds, avocados, whole grains, lean proteins, and healthy fats in your diet.

2. **Frequent, Balanced Meals:** Eat 5-6 smaller meals throughout the day instead of 3 large ones to help increase your overall calorie intake.

3. **Protein-Rich Foods:** Include sources of lean protein in every meal to support muscle growth.

4. **Healthy Fats:** Incorporate sources of healthy fats like nuts, seeds, and olive oil.

5. **Complex Carbohydrates:** Include whole grains, fruits, and vegetables for energy and fiber.

6. **Strength Training:** Combine your increased calorie intake with strength training exercises to ensure the weight you gain is muscle rather than fat.

Type something...

Step-12: It only provides the information regarding the specified project based on the configurations added. We need to specify it in the advanced configuration and the agent only responds to the information specified in the advanced configuration and answers the question by optimizing the search engines

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Agent preview

Remember, it's crucial to consult with a healthcare provider or a registered dietitian before starting any new diet plan to ensure it suits your individual health needs.

Would you like information on specific foods that can aid in weight gain, or perhaps some recipes?

► [How did I get this answer?](#)

MC

You: 04:49 PM

can you plan a trip to dallas

💎


AI Nutrition Agent 04:49 PM

I'm sorry for any confusion, but as a nutrition-focused AI, I don't have the capability to plan travel itineraries or provide information about specific locations like Dallas. My primary function is to provide nutrition-related advice, answer nutrition questions, and help create personalized meal plans.

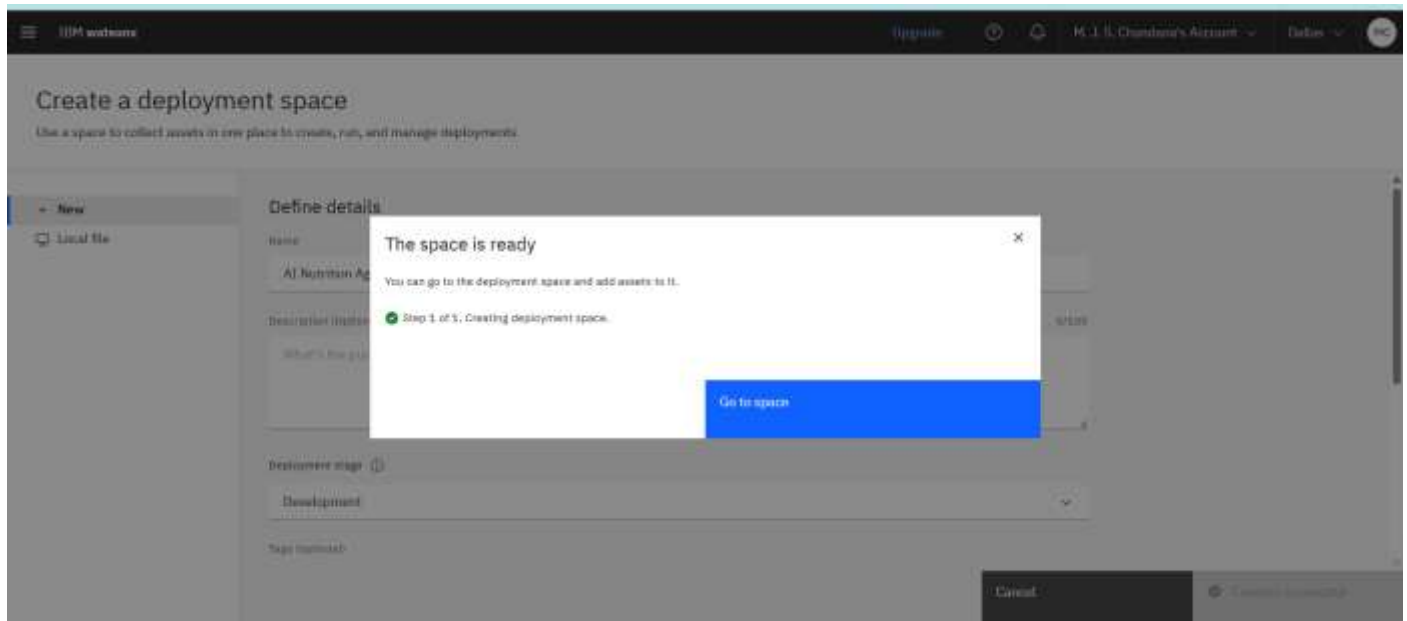
If you have any questions about healthy eating while traveling, or if you need help with a meal plan to support your weight goals, feel free to ask!

► [How did I get this answer?](#)

🔄



Step-13: Testing the agent on preview and making it user-friendly we need to deploy the agent for further uses



Step-14: Check for the deployment completed status and we can manage the agent as per our requirements

